

# D. Nanda

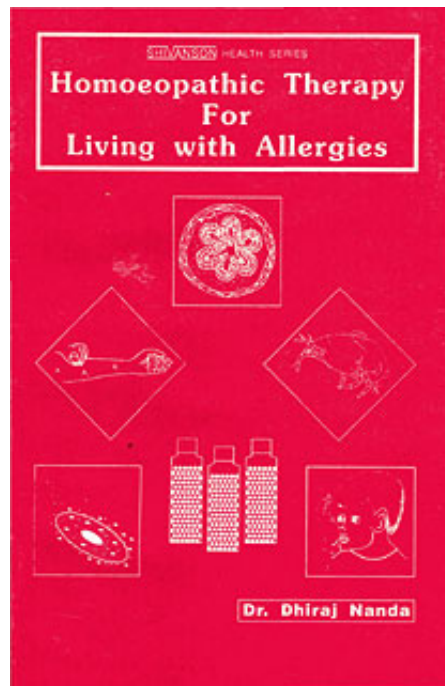
## Homoeopathic Therapy for Living with Allergies

Reading excerpt

[Homoeopathic Therapy for Living with Allergies](#)

of [D. Nanda](#)

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## CHAPTER X

### HOMOEOPATHY AND ALLERGY

Homoeopathy is based on the principle '**like cures like**'. In simple words, any substance which has the capability to produce certain symptoms will cure a patient suffering from similar symptoms. The basis of prescription in Homoeopathy is the individualistic symptomatic totality. ( A patient, aged 62, suffering from perennial allergic rhinitis for the last 12 years was prescribed 7-8 different medicines for about 3½-4 months. Each medicine gave him some relief for next 8-10 days but after that his problem used to return to its original intensity, with some change in symptoms which were taken into consideration while prescribing next medicine. A strange symptom of this patient, which he told to the doctor about 3½-4 months after commencement of the treatment was, marked reduction or even disappearance of sneezing, running nose and other symptoms whenever the patient was busy in some work or talking to others. Here was the symptom which individualised this patient from other patients of perennial allergic rhinitis. When taken into consideration and prescribed upon, this symptom unlocked the case.) Slight difference in the symptoms of two patients suffering from the same complaint may (entirely) change the medicine required by the two. In other words, ten patients of asthma may require ten different medicines depending upon their respective symptoms.

Since the time of Dr. Hahnemann, father of Homoeopathy, till today Homoeopathic researchers funded by various government and non-government bodies have thousands of medicines researched and studied upon, with hundreds of others under scrutiny. Some of these are much beneficial to patients of allergy.

It is not possible to discuss about all of them in this book. In the sections on the Homoeopathic treatment given in chapters of unit II and unit III of this book, only those medicines which are generally found useful in majority of the patients are discussed. If the symptoms persist or aggravate professional advice must be taken.

An antimiasmatic medicine is a must for an allergic patient to gain a satisfactory relief or cure, whatever the case may be. An antimiasmatic remedy is selected individually for each case and is generally given in high potency. At times, a patient may require many medicines, one after another, to have a significant relief.

Taking medication as prescribed by the doctor and observing the precautions religiously will act as double edged sword in providing comfort to the patient. **Taking the medicines regularly but failing to follow the precautions will serve no purpose.**

## CHAPTER XVII

### INSECT ALLERGY

One may not be aware that a bite / sting of a small insect can cause severe allergic reaction which may even lead to the death of the victim. Insects are found both indoors as well as outdoors. For convenience, first allergy to outdoor insects is discussed; and then, allergy to indoor insects.

#### ALLERGY TO OUTDOOR INSECTS

A few common outdoor insects whose stings cause allergic reactions are :

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- |                 |            |
|-----------------|------------|
| (a) Honey bee;  | (b) Wasp;  |
| (c) Hornet; and | (d) Ant *. |

(\* Ants are found outdoors as well as indoors. Since, mostly ants bite outdoors as in lawns, parks, gardens etc., ants are being classified under outdoor insects).

Honey bee sting and sting of vespid (Vespids = Wasps and hornets) have one important difference and that is the stinger of honey bee is left at the site of the sting while the stinger of the vespid remains attached to the insect. When stung by a honey bee one should immediately remove the stinger left behind. The procedure of removing the stinger is explained later in this chapter.

Swelling at the site of sting with redness and itching appears in a most of the patients. In a very sensitive patient, there may be swelling of the entire area after a sting. For example, if the insect

stings on the hand, there may be swelling of the entire arm. There can be fever, eruption(s) and even pain in the joint(s) after a bite or sting. Other symptoms which may appear are anxiety and weakness. An asthmatic may suffer from an asthmatic episode after a sting. A patient of gastro-intestinal allergy may develop nausea, vomiting etc., after a sting.

An ant sting causes limited reaction but multiple stings can cause much harm. The usual manifestation of an ant sting is pain. Repeated stings can sensitise the patient. With sensitisation there is increase in the intensity of usual symptoms of pain, itching and redness at the site of the sting. A highly sensitive patient may develop urticaria, vomiting, difficulty in breathing, oedema, and pain in body parts after a sting.

### **LIVING WITH OUTDOOR INSECT ALLERGY**

Some important steps to live with allergies to outdoor insects are :

1. The patient should avoid any needless outdoor activity.
2. The patient should carry necessary medication whenever he goes out.
3. Insect gets distracted by some activities such as whitewashing, house painting, throwing of garbage etc., and may sting. Therefore, one should avoid these activities.
4. If an insect enters indoors, the patient should not try to drive it away. There are chances that it may bite / sting him. The doors and windows of the room should be opened so that the insect finds its way out or it should be driven out by someone who is not allergic to insect stings.

5. If an insect enters one's car, then he should open all the windows of the car, and should stay still till the insect finds its way out.

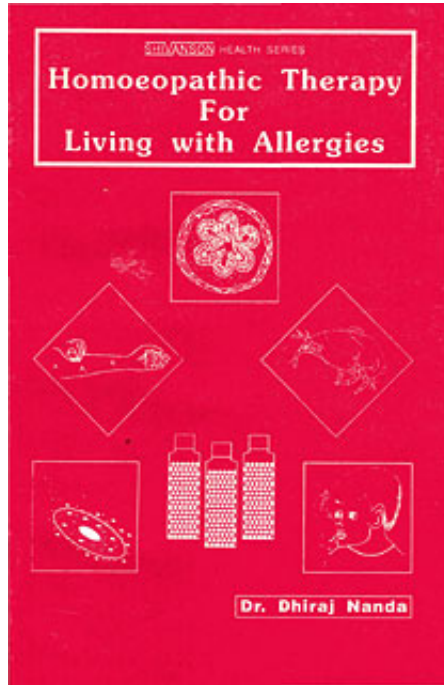
6. The patient should avoid wearing dark colours (especially yellow, orange ) and floral prints as these attract insects. He should also avoid wearing very loose cloths in which the insect may get trapped.

7. The patient should avoid scented cosmetic preparations as these may attract insect.

8. If stung by a honey bee, one should remove the stinger immediately. Stinger is removed by scooping motion of the finger. Venom sac in honey bee is attached to the stinger, therefore, one should not try to remove the stinger with thumb and fore-finger as it may squeeze the venom present in the sac.



*Fig. 19: Wrong method of removing the stinger*



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